

 11%  
HEALTH SCORE

## 3-Cheese Mostaccioli Bolognese

READY IN



50 min.

SERVINGS



6

CALORIES



580 kcal

SAUCE

### Ingredients

- 16 ounce noodles tube-shaped cooked drained (ziti)
- 2 cloves garlic minced
- 1 pound ground beef
- 0.3 cup parmesan cheese grated
- 1 cup ricotta cheese
- 1.5 cups mozzarella cheese shredded
- 26 ounce tomato basil sauce italian organic traditional prego®
- 1 medium zucchini sliced cut in half lengthwise and

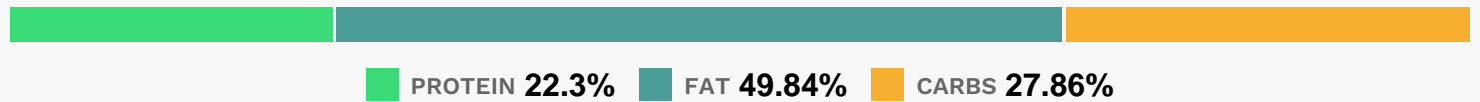
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Cook beef and garlic in 12-inch skillet until beef is browned, stirring to break up meat.
- Pour off fat.
- Add zucchini and cook until tender. Stir in sauce.
- Stir beef mixture, pasta, 1/2 cup mozzarella cheese, ricotta cheese and Parmesan cheese in 3-quart shallow baking dish.
- Sprinkle with remaining mozzarella cheese.
- Bake at 400 degrees F for 20 minutes or until hot.

## Nutrition Facts



## Properties

Glycemic Index:24.58, Glycemic Load:11.36, Inflammation Score:-7, Nutrition Score:18.774782657623%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 580.42kcal (29.02%), Fat: 31.67g (48.72%), Saturated Fat: 14.19g (88.7%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 34.2g (12.44%), Sugar: 10.5g (11.66%), Cholesterol: 100.5mg (33.5%), Sodium: 799.3mg (34.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.77%), Selenium: 43.72µg (62.45%), Vitamin B12: 2.45µg (40.88%), Phosphorus: 368.08mg (36.81%), Zinc: 5.14mg (34.26%), Calcium: 329.04mg (32.9%), Vitamin A: 1211.77IU (24.24%), Potassium: 792.11mg (22.63%), Fiber: 5.64g (22.56%), Iron: 3.58mg (19.91%), Vitamin B2: 0.33mg (19.59%), Vitamin B6: 0.38mg (18.92%), Vitamin B3: 3.73mg (18.64%), Manganese: 0.34mg (17%), Vitamin C: 12.06mg (14.61%), Magnesium: 44.19mg (11.05%), Copper: 0.16mg (7.77%), Vitamin B5: 0.68mg (6.78%), Folate: 25.62µg (6.41%), Vitamin B1: 0.08mg (5.28%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.52mg (3.43%),

Vitamin D: 0.29µg (1.94%)